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Your essential daily news | WEDNESDAY, DECEMBER 9, 2015

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Finally:
Missing and murdered
Indigenous women
inquiry announced
metroNEWS



From left, Minister of Status of Women Patricia Hajdu, Attorney General of Canada Jody Wilson-Raybould, centre, and Minister of Indigenous and Northern Affairs Carolyn Bennett speak on Parliament Hill in Ottawa, Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

'It's a big step'

DEATH OF GAY RIGHTS ACTIVIST

Raymond
Taavel's partner
happy with
gov't apology



Haley
Ryan
Metro | Halifax

For Darren Lewis, the provincial government officially apologizing for its role in the chain of events that led to Raymond Taavel's death "feels like Raymond." Lewis, Taavel's partner, said he's happy to know that health minister Leo Glavine will stand in the legislature Wednesday to acknowledge a mistake had been made in letting Andre Denny leave a local psychiatric facility, and that changes need to be made to ensure better safety for patients and the public in the future.

"This is actually coming to some sort of closure, and I'm getting what I wanted," Lewis said Tuesday afternoon in Halifax. "I think it's a big step."



Darren Lewis says it's 'some sort of closure'. JEFF HARPER/METRO

The apology is what Lewis said he's been waiting for all along, and means he won't have to enter into a long and painful court battle to prove negligence on the province's part.

Taavel, a well-known gay rights activist in Halifax, was beaten to death on Gottingen Street on April 17, 2012.

Denny, a patient at the East Coast Forensic Hospital diagnosed with schizophrenia, was charged with second-degree murder but pleaded guilty to manslaughter last month.

Lewis said he's glad the public outpouring of grief and frustration around Taavel's death led to a review of the hospital policies,

and changes like more structure around leave passes, and a special section built on the grounds so there's no need for smokers to leave unescorted.

While Lewis said he's satisfied with the changes, he's taking "a leap of faith" that the right procedures are now in place.

Lewis said the government's acknowledgement is what Taavel was always about — shining a light onto problems and injustice.

"It feels like Raymond to me because that's what he would have done," Lewis said with a smile. "How are we going to fix this? And he would have tried to bring people together to do that, and a lot of people have."



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Engineering program designs new apps, tools for the blind

DALHOUSIE UNIVERSITY

Accessibility demo features first-year students' ideas



Rebecca Dingwell
For Metro | Halifax

A gardening tool, an app to show pedestrians well-lit routes, and a device that could make bus stops detectable. Those are a few of many prototypes created by first-year Dalhousie engineering students.

On Tuesday morning, the students held their Accessible Design Showcase at Halifax Central Library. They've been working with nine local clients who are visually impaired or blind. The

students, working in teams of four, designed solutions to help these clients with a wide range of their daily tasks.

Brendon Ray said it helped to have someone in mind when creating something, rather than just trying to make something from a vague idea.

"We've really been taught in the last couple of months that empathy with our clients and with the public is one of the

key things ... in an engineering profession," he said.

Ray worked with his group to create an easy-to-read bus stop.

"Although (Halifax Transit) is adequate and good for someone like me with good vision, I have a hard time just finding where the bus stops are," Ray said.

The prototype was made with a 3-D printer. The sign is a cylinder wrapped around a pole, with raised bus numbers as well as braille at the bottom. Ray explained that their sign is at eye-level, as Halifax's current bus signs are several feet up and hard to see.

"We've incorporated this yellow (pole) here as well, just so you can identify what's a bus stop versus a parking meter or a 'no parking' sign."

Ray added that they have over two pages of future recommendations for anyone who might want to take the project on.

"With more time and money, we'd be able to produce a much better prototype," he said.

Devin Greenfield said her group worked with a client who is night-blind. In other words, it can be difficult or impossible for her to see in low-lit stretches of road or on highways.

They created a concept for

a navigation app which would show the user the route with the most street lights.

"(Engineers) kind of act as translators, in a way, between people with needs of any sort," Greenfield said.

Dalhousie University engineering student Derek Snow designed an FM guide for the Accessible Design Showcase at the Halifax Central Library on Tuesday.

JEFF HARPER/METRO



Alan Wang, left, and Brendon Ray, show off their accessible bus stop prototype that they developed for the engineering showcase. JEFF HARPER/METRO



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REGIONAL COUNCIL

Dartmouth train whistles to cease



A CN crew works on the train tracks near Alderney Landing in Dartmouth. METRO FILE

Trains will soon stop blowing their whistles as they roll past King's Wharf in Dartmouth, but it's going to cost the city thousands of dollars.

At Tuesday's meeting, Halifax regional council voted to spend \$25,000 on a fence blocking the train tracks in downtown Dartmouth.

CN Rail insisted that the fence be built to keep people off the tracks if trains wouldn't be sounding whistles as they roll through.

The railway company will shell out \$25,000 of its own on the fence, which will stretch 475 metres.

ZANE WOODFORD/METRO

DOGS

Report to focus on contentious bylaw

Halifax regional council voted Tuesday to ask for a staff report on a public education campaign around a controversial dog bylaw.

Coun. Lorelei Nicoll put the motion forward, suggesting a clarification of Bylaw A-700, which sets rules around dog

licensing, seeks to punish owners of barking dogs, and limits leash length to three metres.

Other councillors agreed there was "a lot of confusion among dog owners," and voted in favour of Nicoll's motion.

ZANE WOODFORD/METRO

CHURCH

Council OKs fix to heritage property

A church in downtown Halifax will be allowed to renovate its nearly 150-year-old building.

Halifax regional council voted Tuesday to permit a seven-storey mixed-use development attached to St. David's

Church at 1544 Grafton St.

The development will require the removal of a church hall facing Brunswick Street — an addition made to the building in 1951.

ZANE WOODFORD/METRO

IN BRIEF

City offering free skating lessons on Oval

Halifax Regional Municipality announced Tuesday it's teaming up with the Canadian Tire Jumpstart program to offer free skating lessons at the Emera Oval this winter.

All skaters must wear a CSA-approved multi-impact helmet, regardless of age, an HRM statement said, adding hockey helmets with a face mask offer the best protection against injury. Participants may use their own approved equipment or can borrow skates and helmets for free on site, with a photo ID.

Visit halifax.ca for more information. METRO

DHX Media, DreamWorks strike co-production deal

DHX Media has struck a five-year agreement with DreamWorks Animation to co-produce 130 episodes of original animated children's content at DHX Studios.

Content under the deal will air on DHX Television's channels, which includes Family Channel, Family Jr., Family CHRGD and Telemagino.

DHX Media, which has a studio in Halifax, will handle distribution of the content in Canada and DreamWorks will cover the rest of the world.

DHX Media also says it has licensed more than 1,000 half-hours of TV programming from DreamWorks Animation.

THE CANADIAN PRESS



The Donair traditionally comes with sauce, tomatoes and onions. JEFF HARPER/METRO

It's official: Donair the food of Halifax

FOOD

Mayor tips result after close vote by city council



Zane Woodford
Metro | Halifax

After a vote tighter than your pants after eating one, Halifax regional council has pro-

claimed the donair the city's official food.

At Halifax Regional Municipality's city council meeting Tuesday, the gallery erupted with laughter at the tie vote — seven to seven — before Mayor Mike Savage added his name to the pro-donair side, making it official.

Coun. Linda Mosher started the campaign in October, urging her fellow councillors to look at all the media coverage about the sweet and spicy concoction, and what it does for



Is this really what we're about?

Coun. Bill Karsten

the city's tourism and small business sectors.

Some of those fellow councillors found that ridiculous, and questioned the amount of time spent on the issue by council.

"Is this really what we're about?" Coun. Bill Karsten

asked at the meeting. "Is this really council's business?"

Speaking to reporters gathered outside chambers after the meeting, Savage questioned the amount of time media spent on the issue.

"I don't think people should overreact to this. Have a bit of fun with it, have your donair, and good luck to the people who sell them," he said.

"It's a done deal, we're on to other things that make more important impact in the community."

DEAL

Chinese company to build container port

A Chinese firm has signed a deal to design and build a proposed container port in Cape Breton.

Harbor-Port Development Partners, the firm behind the development of the port in Sydney, said in a statement Tuesday it has reached an agreement with China Communications Construction Company Ltd.

The deal would see the Chinese company provide container cranes and other port-related equipment.

The company would also conduct an overall feasibility study.

Harbor-Port Development Partners also says discussions are underway on a potential equity stake in the project by the Chinese firm.

It's expected the multi-year development of the port will cost more than \$1 billion.

Albert Barbusci, chief executive officer of Harbor-Port Development Partners said his firm is looking forward to working with the Chinese organization.

"They share our vision regarding the unique opportunity to design and build a next

generation highly automated facility which will serve the ultra large container vessels for decades to come," said Barbusci.

Chang Yunbo, vice-president of China Communications Construction Company Ltd., said company officials expect to make their first working visit to Sydney early in the new year.

THE CANADIAN PRESS

Knitters plan warm welcome

★ SYRIAN REFUGEES
IN CANADA ★

Movement eyes culturally sensitive winter wear

Julia Manoukian
For Metro | Halifax

The Nova Scotia chapter of the online knitting campaign to supply refugees with winter gear has committed to making more culturally sensitive designs.

"Many of the women coming will be wearing hijabs, and women typically don't wear tuques on top of their hijab, because it looks a bit goofy," Jenna Holz, one of the organizers behind 25,000 Tuques Nova Scotia, said Tuesday.

Holz, who volunteers with the Immigrant Services Association of Nova Scotia (ISANS), said hood-style cowls would be a more appropriate style for refugee women.



A collection of knitted tuques ready for donation. JULIA MANOUKIAN/FOR METRO

"It's a much better gesture, and it's a lot more practical, if you ask the people who are distributing the items

and who are working on the ground with incoming refugees what they need, and then cater your items to that."

Items the ISANS needs also include socks, towels and mittens.

The 25,000 Tuques move-

ment started three weeks ago in Quebec and has been weaving itself across the country ever since. The concept is simple — knit or crochet an item, leave a welcoming message, and drop it off at an appropriate location for pickup.

There are no restrictions on yarn or pattern, but Holz asks knitters leave a note with the fibre content and washing instructions, which volunteers will make into clothing tags in Arabic, French and English before they are dropped off at ISANS for distribution.

Holz isn't sure how many donations the 10 dropoff locations around Nova Scotia have received, but she's optimistic with more time over the holidays, the items will start pouring in.

Knitters are welcome to donate throughout the winter. Holz and her team, who just merged last week, plan to work with ISANS until at least March 2016.

Nova Scotia is expected to welcome up to 30 Syrian families this December.

+ DONATIONS

Dropoff locations:

- The Loop on Barrington
- LK in the Hydrostone
- Gaspereau Fibres
- Dartmouth Yarns
- The Wool 'n Tart in Wolfville
- Dalhousie University will also be accepting donations at the Sexton Design and Technology Library.

For a complete list, visit the 25,000 Tuques Nova Scotia Facebook page.



Tuques for distribution. JULIA MANOUKIAN/FOR METRO

MAITLAND STREET

Fire in North End deemed suspicious



Kristen Lipscombe
Metro | Halifax

Halifax fire investigators have passed on the case of a suspicious blaze that destroyed a north-end building earlier this week on to the city's police department. The Maitland Street development, which was under construction before the fire, went up in flames at about 2:40 a.m. on Monday.

"Halifax Regional Fire & Emergency investigators finished at the scene at around 1 p.m. today and concluded the cause of the fire is suspicious," city spokesman Brendan Elliott wrote in an email to media Tuesday. "We have handed the file over to Halifax Regional

Police and our work on site is complete."

Halifax Regional Police spokeswoman Const. Dianne Woodworth confirmed later Tuesday that Halifax Regional Municipality's fire-fighting service has passed the file over to police.

Division commander Chuck Bezanson said Monday that "the building of origin was a write-off right from the beginning."

All three storeys were on fire when crews arrived, and they fought the "huge" flames until roughly 7 a.m., Bezanson added. Nobody was injured as a result of the fire, he said.

Heavy equipment was brought in Tuesday morning to help stabilize the building so investigators could work.



A fire investigator walks past the burned remains of a building on Maitland Street in Halifax on Monday. JEFF HARPER/METRO

OUT OF TIME

Dartmouth's Our Thyme Café closing up shop

A Dartmouth café run by the Elizabeth Fry Society will close its doors next month. Our Thyme Café supported women in conflict with the law by offering cooking programs and work in the Portland Street café to gain employable skills since 2008.

Chrissy Matheson, spokeswoman for the provincial labour department, said due to federal funding changes that came in a couple years ago, they can no longer provide year-round funding.

Matheson said the department now uses project-based funding with clear start and end dates, and the café had received money under the old system.

The café will remain open until Jan. 15, 2016.

Fans of the café and former trainees posted on Facebook about their disappointment to seeing the closure.

"So sad to hear! Amazing initiative, delicious food and perfect staff and environment every time," wrote Allison Savard.

HALEY RYAN/METRO

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EMERA OVAL

ICE TIME

A worker floods the Emera Oval in central Halifax as ice making for the winter season gets underway.

The Oval is scheduled to open, weather and ice making permitting, on Dec. 15.

JEFF HARPER / METRO



TRURO

Mounties get their escapee

Nova Scotia RCMP have arrested escaped prisoner Marc Joseph Pellerin, 43, of Moncton.

Police say officers responding to a burglary alarm at a company in Stewiacke, 30 kilometres south of Truro, discovered a vehicle had been stolen from the property.

While en route to the alarm, police received a call about people trying to get a vehicle out of a ditch.

A short time later, a man was seen walking along the road but he fled into the woods when officers tried to speak with him. He was arrested after a foot chase in the woods.

Police say Pellerin escaped from the sheriff's van in the parking lot of the Truro Justice Centre Friday afternoon as he was being transferred from New Brunswick to Halifax for a Monday court appearance.

Pellerin was awaiting a court appearance on a variety of charges, including theft of a motor vehicle, theft over \$5,000, break and enter, possession of stolen property, evading police, unsafe storage of a firearm and resisting arrest. THE CANADIAN PRESS

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Danielle LeBlanc and her boyfriend Briand Melanson have extra cheer, with a trip home from Toronto to Halifax so that they can be with their families over the holidays. CONTRIBUTED/AIR CANADA

Coming home for Christmas

SURPRISE

N.S. couple gets free flights to deliver special gift to family



Rebecca Dingwell
For Metro | Halifax

Danielle LeBlanc and her boyfriend Briand Melanson wanted to find a way to bring music back to their relatives over the holidays.

In past years, music had been a big part of the Nova Scotia family's holiday celebrations.

"Everyone is playing music



The cover of the album the couple recorded in honour of Melanson's father, Alphonse. CONTRIBUTED

from noon until midnight and we pretty much always forget to even eat," LeBlanc said Tuesday.

Originally from their shared hometown of Clare,

LeBlanc and Melanson are currently living in Toronto to pursue their music and acting careers.

In 2012, Melanson's father Alphonse was diagnosed with Alzheimer's disease. Last year, LeBlanc said, was Alphonse's first Christmas spent in a nursing home.

"It really took a turn on the holiday season," LeBlanc said. "Just because, obviously, the situation was a pretty painful one. No one played music last year."

The following January, a friend came to LeBlanc with the idea of making a Christmas album. The three musicians spent March through July on the album, titled *Coast to Coast Christmas*.

"We spent the majority of the summer inside singing Christmas music while everyone was at the beach," LeBlanc recalled.

They decided to dedicate the CD to the late Alphonse, donating \$1 of each album sale to the Alzheimer Soci-

ety of Canada. It would also serve as a symbolic gift to their family.

"Alphonse was someone who lived his life so passionate about music," LeBlanc said. "So, I think he would love that this is happening."

By chance, LeBlanc later came across a casting notice. The posting said the company was looking for special stories for a Christmas documentary about holiday gift mailing, so LeBlanc decided to apply.

"It's so funny looking back now," LeBlanc said. After an interview, she was told she'd been selected for the documentary.

Little did LeBlanc know, she'd actually won the chance to fly home with Melanson to see their family and deliver the album in person, in time for the holiday season.

Air Canada revealed the surprise when LeBlanc showed up on the supposed documentary filming day, Nov. 15.

"I've never been surprised

+ HOLIDAY HELP

Public urged to lend a hand to stranded disabled man

A Liberal MP and a Nova Scotia actor were appealing to the public earlier this week to help a severely disabled man return to the province from England.

Bill Casey, the MP for Cumberland-Colchester, said Robert Denton can't pay his medical expenses or the cost of a return trip.

Casey said Denton, who's from Truro, has a neurological disease and diabetes, and is ineligible for health care and housing

assistance in the United Kingdom.

He said the health of Denton and his wife will be at risk if they don't return to Canada, where they have lived most of their lives.

Jonathan Torrens of the Trailer Park Boys series was calling on people to donate points for flights or make a financial contribution through Scotiabank.

He said the couple plans to stay with their daughter for the time being.

THE CANADIAN PRESS

like that in my life, ever," LeBlanc said. "I literally jumped around and cried for like 10 minutes."

Melanson and LeBlanc flew to Halifax on Nov. 20 and then drove to Clare the next day.

"They had no idea at all,"

LeBlanc said of surprising their families. "It's been a pretty incredible Christmas so far."

The couple had to return to Toronto due to other commitments, but they are also getting flown back to Nova Scotia for Christmas.



I've never been surprised like that in my life, ever. I literally jumped around and cried for like 10 minutes.

Danielle LeBlanc

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Michael Boschat caught images of the first stage of an **Atlas V rocket** launched from Cape Canaveral re-entering the atmosphere on Sunday evening. MICHAEL BOSCHAT/THE CANADIAN PRESS

Local astronomer catches rare image

SCIENCE

Rocket boosters lit up Halifax skies upon re-entry

A Halifax-based astronomer is the envy of his peers after he photographed a rare image in the skies from his balcony Sunday evening.

Michael Boschat, a research technician in the Atmospheric Science Department at Dalhousie University, caught images of the first stage of a rocket booster re-entering the atmosphere.

The boosters were jettisoned by a rocket carrying cargo to the International Space Station and Boschat said he was waiting, camera in hand, for the right moment.

"I was hoping to see the separation from the rocket body," he said. "You can see a little puff of gas and get a nice photograph."

While waiting for the separation, Boschat saw out of the corner of his eye two bright blue streaks passing through the sky — the boosters, already separated, lighting up the Halifax skies as they re-entered the atmosphere.

Boschat said he scrambled to get the photo, adjusting the exposure to ensure a decent image. He says the rocket was visible for eight or nine seconds.

"I didn't really expect to see a re-entry of the booster," he said. "I guess I just happened to catch a lucky shot of the breakup."

The rockets were designed to propel the Cygnus spacecraft on a supply mission to the International Space Station.

The Cygnus, which is scheduled to arrive Wednesday, is bringing a shipment of groceries and 7,400 pounds of space station cargo along with some Christmas presents for the awaiting crew.

Boschat posted his photos of the boosters on message boards for the astronomy community, and garnered both admiration and a little jealousy. He said he even earned praise from someone who works at NASA.

It's the third time Boschat, who has studied astronomy for 57 years, has captured such an incident on film.

In 1986, he caught photos of an unannounced Japanese rocket launch and in 2001, he photographed the breakup of an old Soviet Union rocket booster.

"When I'm long gone, hopefully someone will say 'Hey, he caught three of them.'"

CRIME

Septic tanks and peat moss stolen in Halifax area

Halifax RCMP are asking for the public's help in solving a theft of septic tanks and peat moss.

At some point between Aug. 31 and Sept. 8, four septic tanks were stolen from a construction site in the Foxwood Village subdivision in Hubley, according to a Halifax RCMP release.

Ten pallets of peat moss were also taken, which is required for the operation of these septic systems. The septic tanks were manufactured by Ecoflo and are model number ST650. METRO

Teen faces eight charges of property damage to vehicles

A 16-year-old Halifax girl is facing eight charges of property damage for allegedly breaking windshields and scratching paint off several vehicles Monday night on Martello Street.

Halifax Regional Police said they responded to complaints of up to three people damaging vehicles in the area at about 9 p.m., but it was determined that only the girl was responsible.

The girl will answer to the charges in court later this month. METRO

Children's bike, electronics stolen from residence

Some electronics and a children's bicycle were stolen from the garage of a Lawrencetown residence overnight Sunday. Halifax RCMP received the report of the break, enter and theft at about 7:30 p.m. on Monday.

An RCMP news release issued Tuesday said a suspect or suspects forced their way into the garage and took a number of items some time late Sunday night or early Monday morning.

Anyone with information can call Crime Stoppers at 1-800-222-8477. METRO



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Cheryl Maloney, president of the Nova Scotia Native Women's Association, says that with no movement on an analysis of murdered and missing indigenous women in Canada from the former Conservative government, it was up to families to draw public attention to stories and statistics. JEFF HARPER/METRO

Victims' families kept national inquiry alive

FIRST NATIONS AFFAIRS

Indigenous peoples to see progress with Liberal reform



Haley Ryan
Metro | Halifax

As word about the Liberals' plan to launch an inquiry into murdered and missing indigenous women spread, Cheryl Maloney's thoughts were with the families.

On Tuesday, the federal gov-

ernment announced a two-phase approach to the inquiry, with the first part incorporating consultation with victims' families.

"It's very good news," said Maloney, president of the Nova Scotia Native Women's Association from Paris on Tuesday during the climate conference. "I'm very happy and I'm quite proud of the families that have been carrying this file for years."

Maloney said with no movement on the issue from the former Stephen Harper government, it was up to the families to keep the statistics and stories in the public eye.

"It was unfortunately the

"I'm very happy and quite proud of the families that have been carrying this file for years."

Cheryl Maloney

families that were going through tragedy and loss that had to carry (it)."

The national issue hits close to home for many in Halifax, with local murder cases including Tanya Brooks and Loretta Saunders, who was killed in

February 2014.

Police are still investigating the 2009 killing of Brooks, while two of Saunders' former roommates were sentenced in her murder this April.

Saunders was an Inuk Saint Mary's University student originally from Labrador.

Maloney said the Legal Strategy Coalition on Violence Against Indigenous Women, which began in Nova Scotia, has also been pushing for an inquiry.

"That all comes back to the work that started in Nova Scotia with Loretta," she said.

MORE COVERAGE, page 14

TRUTH AND RECONCILIATION

Time for a renewed relationship: Mayor



Zane Woodford
Metro | Halifax

Halifax regional council has laid the groundwork for what the mayor calls a renewed relationship with the city's indigenous peoples.

At its meeting on Tuesday, city council adopted a statement of reconciliation recognizing the significance of the Truth and Reconciliation Commission's report and recommendations. The statement commits the city to "taking action to ensure the needs and aspirations of Aboriginal people are fully acknowledged."

"I think it's an important step for this municipality to take to recognize that we will work with the Mi'kmaq People — our First Nations of Nova Scotia — in renewing this relationship, that I think is going to happen across Canada," Mayor Mike Savage said during Tuesday's meeting.

The occasion was especially important to Coun. Jennifer Watts, who fought back tears as she began to tell council of its significance.

"This will be the vote that, at the end of my term, if my kids ask me, 'What was the most important decision you made?' This will be it," she said.

After the unanimous vote in favour of the statement, Watts went to the gallery and shared a long embrace with Pam Glode-Desrochers, executive director of the Mi'kmaq

+ CIVIL SERVANTS

Coun. Wayne Mason pointed out during the meeting that Halifax has the largest urban indigenous population in Atlantic Canada, and many of them, he said, are civil servants who've come here from across the country.

"The fact that we have thousands of people who are Aboriginals living in Halifax is something that's often forgotten or overlooked," he said.

Native Friendship Centre.

Glode-Desrochers told Metro on Monday she was excited to see council adopt the statement.

"I think it's an opportunity for everybody to work together for total understanding and moving forward," she said.

Savage said after the meeting that he believes the statement — and coming work by the city's diversity and inclusion office — will affect change in the city.

"I've always felt we could do more as a city, and I'm glad that we were able to pass this motion today," he said. "I think it'll set a very good stage for going forward and dealing with respect and recognition of past history, to work with the Mi'kmaq people in Nova Scotia."

— WITH FILES FROM REBECCA DINGWELL/ FOR METRO

"

I've always felt we could do more as a city, and I'm glad that we were able to pass this motion.

Mayor Mike Savage

ENROLMENT

Tuition hike passes at NSCAD University

The head of NSCAD University's student union (SUNSCAD) is "disappointed" a tuition hike of about 27 per cent for some students was approved through an e-vote.

On Tuesday, the board of governors at NSCAD announced they had voted and passed a tuition reset for fall 2016 that will see tuition rise between 7.7 and 9.1 per cent over three years for those who take five classes or more a semester.

"I'm feeling disappointed," Gabriel Soligo, SUNSCAD

president, said Tuesday.

"I would have hoped that we would have had a board of governor's decision that really would have stood by the students in this time of provincial austerity."

Soligo said the 23 governors cast their votes electronically over the past few days, and 66 per cent of the vote would have been needed.

"I was disappointed that we wouldn't be able to deliberate ... and debate in person. That was a let down for sure," Soligo said.

30%

Tuition will increase by up to 30 per cent a year in some cases.

Earlier this month, NSCAD students delayed a vote on the tuition reset after entering a board of governors meeting and refusing to leave.

Full-time students taking 15 credits or more currently

pay \$6,360, which would go up to \$8,097 per semester in 2018-19.

The tuition increases will not affect full-time students taking three or four classes a semester, or part-time students taking one or two classes per semester.

But Soligo said the hike is still too much for students to handle and raises the tuition above other art schools in Canada, such as the Emily Carr University in British Columbia, resulting in an enrolment decline. HALEY RYAN/METRO



Full-time NSCAD University students taking 15 credits or more can expect to pay up to \$8,097 per semester in 2018-19.

METRO FILE

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PM Justin Trudeau and AFN National Chief Perry Bellegarde at the Assembly of First Nations Special Chiefs Assembly. Bellegarde said he's confident that Trudeau is listening to the different needs of First Nations. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau ends funding cap

FIRST NATIONS

Missing and murdered women probe announced

The leaders of Canada's First Nations swaddled Justin Trudeau in a ceremonial blanket Tuesday as they embraced the newly elected prime minister's commitment to what he called a "sacred obligation" to the country's Aboriginal Peoples.

Trudeau didn't show up empty-handed, either.

The Liberal government will lift a long-standing two per cent cap on federal funding for First Nations communities, he told the

Assembly of First Nations gathering — that, despite mounting economic and political pressure on the federal pocketbook.

He said the Liberals would also provide additional money for long-awaited education reforms to be led by First Nations communities themselves, another long-standing sticking point with the previous Conservative government.

And he repeated one of the most anticipated promises of the 2015 campaign: to investigate the tragedy of missing and murdered indigenous women and girls. Three of his cabinet lieutenants kicked off the first consultative phase of what will be a federal inquiry next year.

"I promise you that I will be your partner in the years to

come, and hope that you will be mine," Trudeau said.

The removal of the funding cap, which was imposed to keep transfer payments in line with inflation, has been top of the First Nations wish list for years. Critics say it has long since fallen out of step with a growing aboriginal population across the country.

But the most anticipated news came later, when Justice Minister Jody Wilson-Raybould, Indigenous Affairs Minister Carolyn Bennett and Status of Women Minister Patty Hajdu detailed the first phase of the inquiry.

Wilson-Raybould, one of two cabinet ministers with indigenous roots, said the government will consult the families of victims over the next two months for their input on the inquiry's shape and its goals.

"No inquiry, as we know, can undo what happened nor can it restore what we have lost. But it can help us find ways forward because we know, as a country, we can and must do better."

THE CANADIAN PRESS

POLITICS

Promise fulfilled



Michael Woods
Metro | Ottawa

With the Tuesday announcement that it's launching a national public inquiry into missing and murdered indigenous women, the new Liberal government followed through on a central promise in its efforts to renew the relationship with Canada's indigenous peoples.

The Liberal election platform had promised to launch an inquiry "immediately."

There is no strict timeline, but Carolyn Bennett, the indigenous affairs minister, said it will last "as long as it takes to get it right."

Trudeau PROMISES TRACKER

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- ☐ TAXATION
- ? REFUGEES
- ✓ CLIMATE
- ✓ INDIGENOUS WOMEN

SCIENCE

Scientists look for a tougher sunflower



Thandi Fletcher
Metro | Vancouver

Imagine a sunflower that can grow using water more efficiently, even thriving in conditions as harsh as the Mojave Desert while still producing many seeds.

That's what an international team of scientists led by Vancouver botanist Loren



Rieseberg is hoping to achieve through research he believes could improve food security for people around the world in the face of climate change.

"Drought is by far the biggest stress for sunflowers," Rieseberg, a botany professor at the University of B.C., told Metro. "The idea of our research is to make cultivated sunflowers that are extremely drought tolerant, but also tolerant of flooding, salt stress and low nutrient stress."

The team, funded by a \$7.5 million grant from Genome BC, Genome Canada and other organizations, is using genomics to identify genes that have evolved in wild sunflowers to make them resilient to environmental stresses, and to breed cultivated sunflowers with the same favourable traits.

Sunflowers are an ideal crop for helping scientists better understand the mechanisms that plants use to combat environmental stresses, said Rieseberg. That's because their wild

counterparts have adapted to a variety of extreme habitats.

In experiments, the team planted wild sunflowers alongside cultivated sunflowers in dry, drought-like conditions and found that the former thrived while latter ultimately died out.

The team is also studying the species *Helianthus anomalus*, which grows on sand dunes.

"Sand dunes have almost no nutrients in them," said Rieseberg. "But that sunflower is doing just fine. It's very tolerant of low-nutrient conditions."



A type of wild sunflower, *Helianthus anomalus*, which is tolerant of low-nutrient soils. CONTRIBUTED

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 Shawn Mendes ft Camila Cabello
I Know What You Did Last Summer
- 5 Ariana Grande
Focus
- 4 Daya
Hideaway
- 3 Classified ft Snoop Dogg
No Pressure
- 2 Justin Bieber
Sorry
- 1 Adele
Hello

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PARIS CLIMATE CONFERENCE

Governator takes aim at emissions

Former California governor Arnold Schwarzenegger urged sub-national governments such as cities and provinces on Tuesday to march forward "like a Terminator" on environmental issues.

Three premiers — Ontario's Kathleen Wynne, Quebec's Philippe Couillard and Manitoba's Greg Selinger — were in the audience as the actor spoke at the international conference on climate change in Paris.

"If you happen to be a pes-

simist and you don't expect any agreement here, no Kyoto 2 or anything else, then of course sub-national governments — the cities, states and provinces — are the best insurance policy because local policies can control 70 per cent of (greenhouse gas) emissions," he said.

The environmental activist said it is crucial for ordinary people to get involved at the grassroots level in the fight against climate change.

THE CANADIAN PRESS

IN BRIEF

N.B. woman missing in Grenada

Police and community members were searching the small Caribbean island of Grenada on Tuesday for a missing woman from New Brunswick, Linnea Veinotte, who disappeared while out jogging with her dog.

THE CANADIAN PRESS

Ikea monkey getting new roomies

On the eve of the Ikea monkey's third anniversary at a sanctuary, workers are building enclosures for two potential roommates.

Darwin has been living at Story Book Farm Primate Sanctuary northeast of Toronto since Dec. 9, 2012 when a court placed him there after he was found wandering outside a Toronto Ikea store wearing a shearling coat. THE CANADIAN PRESS

Duffy takes the stand

Sen. Mike Duffy has finally begun testifying in his own defence against 31 charges of fraud, breach of trust and bribery. The Crown has wrapped up its case, leaving the field to Duffy and the defence. THE CANADIAN PRESS

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Trump sparks global outrage

UNITED STATES

Candidate stands by plan to ban Muslims from entering

U.S. Republican presidential candidate Donald Trump's call to block Muslims — both immigrants and visitors — from entering the U.S. is being met with a chorus of near-universal condemnation from across the country and around the globe.

From the halls of Congress to 10 Downing Street, Trump's statement Monday advocating a "total and complete shutdown of Muslims entering the United States" was blasted as bigoted, unconstitutional and potentially dangerous for American interests abroad.

Trump's proposal is down to what he describes as hatred among "large segments of the Muslim population" toward Americans.

British Prime Minister David Cameron, breaking the cus-

tom of British leaders not commenting on U.S. presidential contenders, slammed the proposal as "divisive, unhelpful and quite simply wrong."

UN spokesman Farhan Haq said Secretary-General Ban Ki-moon denounced "any kind of rhetoric that relies on Islamophobia, xenophobia, any other appeal to hate any groups."

The Church of Jesus Christ of Latter-day Saints issued a statement in support of religious freedom.

"This is not conservatism," Republican House Speaker Paul Ryan told reporters. "What was proposed yesterday is not what this party stands for, and more importantly it's not what this country stands for."

Trump's campaign has been marked by a pattern of inflammatory statements, dating back to rhetoric that some Mexican immigrants, who entered the country illegally, are drug smugglers and rapists — but even that didn't evoke the same widespread level of contempt.

The billionaire businessman



Republican presidential candidate and businessman Donald Trump speaks during a rally aboard aircraft carrier USS Yorktown in Mt. Pleasant, S.C., Monday. MIC SMITH/THE ASSOCIATED PRESS

and former reality TV star has maintained his lead in early opinion surveys, despite the controversies, vexing his Republican rivals and alarming a Republican establishment in panic over the damage they fear he's doing to a deeply divided party.

Trump, who appears to revel in the attention, didn't back down from his proposal Tuesday, saying that banning Muslims "until our country's representatives can figure out what the hell is going on" is warranted after last month's attacks by Muslim extremists

in Paris and last week's shootings in San Bernardino, Calif.

"I don't care about them," Trump told CNN Tuesday when asked about denunciation by Republican leaders. He said the country needs to recognize that it's at war.

THE ASSOCIATED PRESS

+ EFFECTS

Canada would feel impact of President Trump

If Donald Trump becomes U.S. president, it would cause contention within the U.S. and lead to a major decline in America's moral influence in the world, said Stephen Clarkson, a professor of political science at the University of Toronto.

A President Trump would be a disaster for Canada, too, considering its close economic ties and shared border with the U.S. Should Trump's bombast lead to a military action or another act of terrorism against the U.S., Canada has obligations under NATO to respond and there would be considerable pressure to back up its allied nation, even if it is led by Trump, Clarkson said.

JESSICA SMITH CROSS/METRO

REACTION

Muslims respond to proposal

Muslims around the world provide their thoughts on U.S. presidential candidate Donald Trump's proposal to ban Muslims from entering the U.S.

FERAS ALI ABOU GHABEN, 30, Palestinian-American stock broker: "I do not see anyone doing anything about it and that scares me. What terrified me even more

was the applause that came after his speech."

ADHAM HAMADA, 34, Cairo businessman: "How will they know if I'm Muslim or not? It's not in my passport. That's why I feel it's just political talk."

AMR ALI, 30, a chemist living in Cairo: "If they are going to ban all Muslims because of the people that Muslim terror-

ists killed, then let's ban all Europeans because the people who were killed during colonial times."

BASSEM YOUSSEF, former talk-show host known as the Jon Stewart of the Middle East: (On Twitter) "I didn't know Donald Trump was fluent in Nazi."

THE ASSOCIATED PRESS

SAN BERNARDINO

Couple practised with rifles

Days before killing 14 people at a holiday party, Syed Farook practised with a rifle during one of several recent visits to a Southern California shooting range, authorities said. Sometimes he was joined by his wife, his partner in the attack.

Farook visited Riverside Magnum Range in San Bernardino on Nov. 29 and 30, according to an instructor at the range about 32 kilometres from the Inland Regional Center, where the couple opened fire on Farook's co-workers on Dec. 2.

John Galletta said nothing was out of the ordinary about

How are you able to determine what somebody's intents are?

Instructor John Galletta

Farook's behaviour but that Farook asked a range employee why his rifle might be smoking. He was told it was most likely because it was new.

The FBI said Farook and his wife, Tashfeen Malik, embraced violent Islamist ideology.

"Both subjects were radicalized and have been for quite some time," said David Bowdich, chief of the FBI's Los Angeles office. "How did that happen and by whom and where did that happen? Right now we don't know those answers."

Authorities also disclosed that a year before the rampage, Farook's co-workers at the San Bernardino County health department underwent training on how to react to a workplace shooter in the same conference room where the couple opened fire.

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Wednesday, December 9, 2015 17



Many in Beijing are becoming accustomed to wearing masks during winter since episodes of nauseating smog lasting several days has become increasingly common.

ANDY WONG/THE ASSOCIATED PRESS

Smog: The new normal

CHINA

Residents of Beijing adapt to high, risky pollution level

Beijing issued a red alert this week for smog, triggering restrictions on traffic, school closures and factory suspensions. City residents reacted with a mix of alarm and nonchalance.

"This is modern life for Beijing people. We wanted to develop, and now we pay the price," Beijing office worker Cao Yong said during a break from work.

"You have to do whatever you can to protect yourself," Beijing resident Li Huiwen said while stopping at a market. "Even when wearing the mask, I feel uncomfortable and don't have any energy."

A man who gave only his surname, Du, said the haze was good for taking photographs of old buildings and that he was taking advantage of a lack of crowds near Beijing's ancient Forbidden City. "I like this kind of haziness. It gives a blurry feeling and makes you feel like you're in a dream."

"You live in Beijing, you just get used to it. Every winter is like this," said a store clerk who gave only her surname, Sun, and who said the restrictions were a nuisance. "But now that they're cancelling school, it becomes really inconvenient. If you don't get time off from work, who watches the kid?"

"I would keep myself indoors, and wear a mask all the time if I'm outside on smoggy days. And air purifiers at home are a must," Beijing resident Sun Yuanyuan said. THE ASSOCIATED PRESS

You just get used to it. Every winter is like this.

Store clerk in Beijing

IN BRIEF

Pistorius sentencing set for April, stays at uncle's

A judge Tuesday let Oscar Pistorius remain under house arrest at his uncle's mansion and set an April sentencing date, five days after an appeals court convicted the double-amputee Olympian of murdering his girlfriend. Pistorius' legal team plans to appeal. THE ASSOCIATED PRESS

Cameroonians attacked Nigeria villages: Refugees

Cameroonian troops crossed the border into Nigeria, killed about 150 villagers, burned their huts and forced them to flee, Nigerian refugees said Tuesday after walking for days to reach a refugee centre. Cameroon's government denied the charges. THE ASSOCIATED PRESS

BATACLAN

Rockers' moving Paris encore

Members of the California rock band Eagles of Death Metal on Tuesday revisited the ravaged Paris theatre where they survived a massacre by Islamic extremist suicide bombers.

Solemn and silent, they came to the now-shuttered Bataclan theatre in eastern Paris, whose facade has become a shrine to the 89 people killed inside. Band members laid flowers at the site, some embracing as they stared at

the wreaths, notes and banners heaped in mourning and tribute.

The band made a surprise return to Paris and performed with U2 on Monday night, their first onstage appearance since the Nov. 13 attacks that killed 130 people overall in Paris.

U2 were playing the last of four concerts in Paris, two of which had been postponed when France announced a state of emergency.

U2 frontman Bono told the audience they said he wanted to introduce "some people whose lives will forever be a part of this city of Paris. These are our brothers. Our fellow troubadours. They were robbed of their stage three weeks ago, and we would like to offer them ours tonight."

The two bands then played the Patti Smith song People Have the Power.

THE ASSOCIATED PRESS



Julian Dorio, Jesse Hughes of Eagles of Death Metal pay respects. THE ASSOCIATED PRESS

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Business | metro NEWS

Students ill after eating at Chipotle

BOSTON COLLEGE

Chain believes incident not linked to E. coli outbreak

Boston College said Tuesday the number of students complaining of gastrointestinal symptoms after eating at a Chipotle this weekend has climbed to 80, up from the 30 it reported the previous day.

The illnesses come as Chipotle's sales are already being slammed by a multi-state outbreak of E. coli linked to its restaurants. The company says it thinks the Boston College illnesses are an isolated case of norovirus and unrelated to the E. coli cases.

"All of the evidence we have points in that direction," said Chris Arnold, a Chipotle spokesman.

Boston College said it is working with state health officials and that all students

+ BACKGROUND

Chipotle Mexican Grill Inc., based in Denver, has more than 1,900 locations, primarily in the U.S. The company has warned sales could fall as much as 11 per cent at established locations for the fourth quarter as a result of bad publicity from the E. coli cases. That would mark the first time the sales figure has declined since it went public in 2006. THE ASSOCIATED PRESS

who reported symptoms have been tested for both E. Coli and norovirus. It said results will not be available for at least two days.

According to a report from the Boston Inspectional Services department, which is responsible for inspecting the city's restaurants, an employee at the Chipotle restaurant in Cleveland Circle was sick while

working a shift Thursday.

William Christopher, the department's commissioner, said it was not immediately known if management at the Chipotle was aware of the employee's symptoms. He said the restaurant's permit to operate has been suspended by the city and that a disinfection process has begun.

According to the Centers for Disease Control and Prevention, infected workers cause about 70 per cent of reported norovirus outbreaks from contaminated food. Each year, norovirus causes 19 million to 21 million illnesses.

The virus can spread from an infected person, contaminated food or water, or by touching contaminated surfaces, the agency says. It is very contagious and can spread quickly in places such as daycare centres and cruise ships.

Common symptoms include diarrhea, vomiting, nausea and stomach pain.

The CDC has not yet determined the ingredient respon-



People stand inside a closed Chipotle restaurant on Monday in the Cleveland Circle neighbourhood of Boston. STEVEN SENNE/THE ASSOCIATED PRESS

sible for sickening 52 people in the E. coli outbreak, but 47 of the individuals reported eating at a Chipotle before they got ill. The first cases were reported at the end of October in Oregon and Washington, with additional cases later being reported in seven other states.

The most recent illness started Nov. 13.

At a presentation Tuesday for analysts in New York City, Chipotle executives noted the exposure period for the E. coli cases appears to be over. The company has said it is tightening its food safe-

ty procedures, and that some of its local produce suppliers might not be able to meet the new standards.

Executives said the chain may eventually raise prices to make up for its investments in improving food safety.

THE ASSOCIATED PRESS

LOOKING FOR A JOB? RECHERCHEZ-VOUS UN EMPLOI?

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Date de début anticipée: Dès que possible

Date limite pour postuler: Aucune pour les candidats bilingues

Taux de rémunération: 16,31 \$ de l'heure + primes applicables

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Stores just can't keep top whisky on shelves

It was recently named World Whisky of the Year, but good luck getting your hands on a bottle of Crown Royal's Northern Harvest Rye, as the award-winning Canadian whisky is flying off the shelves.

In Ontario, for example, sales at LCBO stores have increased more than 400 per cent thanks to the accolade. No bottles can be reserved or specially ordered because of the

high demand.

The Northern Harvest Rye is the first Canadian whisky to receive the honour of being named World Whisky of the Year by revered whisky connoisseur Jim Murray who gave it 97.5 points out of 100 in his Whisky Bible, the go-to guide for enthusiasts.

A 750 millilitre bottle is sells for \$30.60 in Ontario.

TORSTAR NEWS SERVICE



Crown Royal's Northern Harvest Rye. CONTRIBUTED

market minute



DOLLAR

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I made the mistake of starting things back up with someone I had a “casual” relationship with. He didn’t want me to be involved with any other guys, but he wanted to see other women. I blocked his number. Now I miss our friendship. What should I do?

Dear Ellen,

I made the mistake of starting things back up with someone I had a “casual” relationship with. The last time we saw each other he was really emotional about an ex-girlfriend and told me he still loved her. When we originally stopped talking, I didn’t mind. But when we reconnected, I started to feel an emotional connection to him. After the last meeting, I truly felt hurt. I cried. He wanted us to continue seeing each other, but he didn’t want me to be involved with any other guys. The sad part was he wanted to see other women, including me, but sleep with just his ex and me. I decided enough was enough. I texted him after the last meeting, letting him know we could not continue down the same road. I didn’t give him a chance to respond. I blocked his number. Lately I find that I can’t stop thinking about him. I miss him and our “friendship.” What should I do?

L, Toronto, Ont.

Dear L,
Some might say this is not, strictly speaking, an etiquette question. But I’ve found through my own romantic ups and downs that good manners can often help guide the way through emotional thickets. So let’s see what we can do for you

I’m sorry to have to tell you this, but your only choice right now is to suffer.

in regards to politely handling your own broken heart.

First, let’s look at his behaviour. He sounds pretty screwed up. But at least he’s not sneakily hiding his desire to get back with his ex-girlfriend. And he’s been absolutely forthright about his ridiculous proposition that you remain available to him — and him alone — while he dates as many women as he wants while continuing to sleep with both you and his ex. So, credit to him for being honest, albeit insanely unreasonable.

It also sounds as if you’ve been straight with him, which shows your own excellent manners. You respectfully informed him in a text that you could not

accept the “road” he was offering. Then you blocked his number. Is it rude to cut off communication like this?

Yes, if the other person deserves to be heard (and your conscience will tell you if that is the case). But it’s not rude if you’ve both had your say and it’s clear that one or both parties want the relationship to end.

Which brings us to your question: What should you do?

If you break down and see him, and give him what he wants (sex and friendship with no commitment while he sleeps with his ex-girlfriend), you will resent him and suffer. If you stay

strong and keep his number blocked, but continue to obsess about him and wonder if you’ve made a huge mistake by cutting him off before he’s had a chance to change and see how wonderful you are, you will doubt yourself and suffer.

I’m sorry to have to tell you this, but your only choice right now is to suffer. Respect your broken heart, and expedite the healing process by forgetting what you “should” do. You’re already doing it — agonizing through an impossible situation that only time will heal (and it will).

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castillo

ROSEMARY WESTWOOD

metroview

Finally, acknowledgment that racism and sexism kills indigenous women

“It is time to hear their voices. It is time for justice,” declared Claudette Commanda, an elder and band council member from Kitigan Zibi Anishinabeg Nation in Quebec, an eagle feather in her hand.

She stood on Parliament Hill, welcoming reporters and family members of missing and murdered indigenous women to the announcement we all knew was coming: a national inquiry. It had all the trappings of a press conference, but the scene was imbued, even via a live video feed, with something different.

Something approaching humility, even sisterhood.

Commanda asked for a moment of silence for lives lost, and holding the feather high above her head, she teared up. She expressed hope for an end to violence against indigenous women, but her emotion suggested that she may actually believe in this announcement, believe there will be change.

Jody Wilson-Raybould, the minister of justice and a former B.C. First Nations chief, hugged Commanda before taking the podium. She, and the ministers of status of women and indigenous and northern affairs, attended a traditional ceremony the day before. They were carrying the eagle feathers gifted to them. As each finished speaking, they hugged, kissed cheeks.

It was as if a support circle stood behind the podium:

Four women embracing each other and indigenous teachings in the search for answers to deeply engrained violence. Ministers listening to Commanda’s prayer for help from the Creator with more than impersonal respect.

This wasn’t the only heart-felt government announcement ever made. But it felt as if the “government” had been knocked from some pedestal. The welfare of indigenous Canadians, or all Canadians, had been put in its place.

That the press conference was about women, and delivered only by women, also felt significant — though women have given press conferences before. But these women seemed bound by their hearts as well as their priorities.

The ministers delivered talking points, citing high rates of violence against indigenous women, the need for justice and violence prevention.

The need to not be a government program, but a program devised by the people, to be implemented by government. Hence the choice to let the inquiry’s details be shaped by consultation with experts and victims’ families.

The media pressed for details. One CBC reporter asked about the impact of racism, and Indigenous and Northern Affairs Minister Carolyn Bennett was unequivocal: “Racism and sexism in this country kills,” she said. Behind the podium, the women hugged.

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Odds in fans' favour for Hunger Games prequels
Lionsgate studio vice chairman says movie franchise will live on

4 *Treats To Wow This Season*

You don't have to be a kid to crave cookies this time of year. The holiday season is the one time you have a licence to bake (and eat) any (and all kinds) of treats. And you should. Homemade sweets are an easy way to make anyone feel giddy with happiness, and are impossible to resist. From spicy ginger-breads to sugar balls, these goodies make a thoughtful gift or easy dinner party dessert. They also taste pretty good with your morning coffee.



ALL PHOTOS BY MAMA VISNYEI

HOLIDAY TREATS

Chocolate Thumbprint Cookies

Ceri Marsh & Laura Keogh
For Metro Canada



As classic as a sugar cookie, thumbprints can look sophisticated with a sparse sprinkling of icing sugar or kid-approved with lots of bells and whistles. We like bells and whistles.

Makes about 2 dozen

INGREDIENTS

- 1 cup spelt flour
- 1/2 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/2 cup unsweetened Dutch-

process cocoa powder

- 1 tsp baking powder
- 1/2 tsp salt
- 6 Tbsp unsalted butter, melted
- 2 large eggs, lightly beaten
- 1/2 cup confectioners' sugar
- holiday sprinkles, silver dragees, crushed candy cane, mini chocolate chips

DIRECTIONS

1. Preheat oven to 325 F.

2. Whisk the flours, granulated sugar, cocoa powder, baking powder and salt in a medium bowl. Add the melted butter and eggs and stir until combined. The dough will appear very dry just keep working it until you've incorporated all the ingredients. Cover and refrigerate the dough until firm, about 20 to 30 minutes.

3. Line two baking sheets with parchment paper and

set aside. Place the confectioners' sugar in a bowl. Place the other toppings out in small bowls.

4. Remove dough from refrigerator. Scoop a tablespoon size amount of dough and roll it into a ball. Drop the ball in the confectioners' sugar and coat the outside.

Place it on prepared cookie sheet. Slightly flatten it with the palm of your hand and then press your thumbprint

into the centre. Fill the centre with your choice of decoration. Repeat until dough is finished. Be sure to space the cookies two inches apart.

5. Bake the cookies until puffed and slightly cracked, about 10 minutes. Let cool three minutes on the baking sheets, then transfer to rack to cool completely.

FOR MORE MEAL IDEAS, VISIT
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EASY TO BAKE

Spiced Christmas Trees with Lemon Icing

Like your nostalgic favourite the gingerbread man, these spiced cookies look and taste every bit as festive.

Makes about 12

INGREDIENTS

- 2 1/2 cups spelt flour, plus more for rolling
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1 tsp coarse salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1/4 cup unsulfured molasses

For Icing:

- 2 tsp fresh lemon juice
- 1 1/3 cups confectioners' sugar

DIRECTIONS

1. Preheat oven to 350 F.
2. In a medium bowl, whisk the flour, baking soda, ginger, cinnamon, cloves and salt. In a separate bowl, cream together the butter and sugar with a hand mixer until creamy.
3. Beat the egg and then add. Mix until combined. Add molasses until combined.
4. With the mixer on low, gradually add your flour, blend until combined. Remove the dough from the bowl and then wrap it in plastic wrap and place in the refrigerator to



STORAGE TIP
The best part about these recipes is they freeze well. Store them in an airtight container for up to four weeks.

firm, at least an hour and up to three days.

5. On a lightly-floured surface, roll out dough to 1/4 inch thick.

With a sharp knife, cut dough into 2-inch wide triangles.

6. Place on a cookie sheet lined with parchment paper 1-inch

apart from each other. Bake until cookies are firm and lightly browned on edges, 10 to 12 minutes.

CERI MARSH AND LAURA KEOGH

CLASSIC CHOICE

Heavenly Chocolate Peanut Butter Balls

A sprinkle of sea salt makes the classic flavours of chocolate and peanut butter feel all grown up.

Makes 25 to 30 balls

INGREDIENTS

- 1/2 cup creamy natural peanut butter
- 3 Tbsp butter, softened
- 1 cup confectioner's sugar
- 8 oz chocolate, chopped (or chocolate chips)

DIRECTIONS

1. In a bowl, mix peanut butter, sugar and butter together until they form a dough. Scoop it and form a ball, cover in plastic wrap and place in the fridge for at least 15 minutes.
2. Using your hands, pinch off a small bit of dough and roll into 1-inch balls. If the dough gets too sticky as you're working



just pop it back in the fridge for a few minutes. Place the balls on a parchment lined baking sheet. Place the baking sheet in the freezer for at least half an hour to chill. You want them cold and firm.

3. Place a small sauce pan with

a couple of inches of water over medium heat until it simmers. Place the chocolate in a bowl and then set the bowl over the pan (don't allow the bottom to touch the water).

Once chocolate is melted remove from heat. Using a toothpick, pick up each ball, swirl

it around in the chocolate; let excess drip off.

4. Place the dipped ball onto parchment lined baking sheet. Sprinkle with a pinch of sea salt before chocolate hardens. Refrigerate until you serve.

CERI MARSH AND LAURA KEOGH

GREAT GIFT

Coconut Snowballs

These little gems — with a hint of lemon — scream wintry treat.

Makes 2 dozen

INGREDIENTS

- 2 1/2 cups flour
- 3/4 cups sugar
- 1/4 tsp salt
- 1 cup unsalted butter, softened
- 2 Tbsp cream cheese, softened
- 2 tsp vanilla
- 4 or 5 Tbsp lemon juice
- 1 Tbsp cream cheese, softened
- 1 1/2 cup confectioner's sugar
- 1 1/2 cup sweetened shredded coconut

DIRECTIONS

1. Preheat the oven to 375 F.
2. Mix together flour, sugar, salt together in a bowl. With an electric mixer add softened butter about 1/4 cup at a time until it combines with the dry ingredients. You'll have a pebbly mixture.
Add 2 Tbsp of softened cream cheese and vanilla. You'll need to use your hands to bring the mixture together into a dough. Knead for a minute or two.
3. Line two cookie sheets with parchment.
4. Use a tablespoon to scoop the



dough, roll it in your hands to make balls. Place on the lined sheets at least an inch apart. Bake for 12 to 15 minutes, until lightly browned. Take them out and allow them to cool completely on a rack.

5. While they cool, mix 3 Tbsp of lemon juice with 1 Tbsp of cream cheese. Slowly add 1 1/2 cups of confectioner's sugar until you have a thick icing. Now add as much lemon juice as you need to thin it out to a glaze.

6. On a plate, spread your coconut in a layer. Swirl each cookie in the glaze (let excess drip off) then press it in coconut to cover. Allow to set.

CERI MARSH AND LAURA KEOGH

WRAP IT UP



Gift wrapping ideas

Creative packaging tips that make you look like you know your way around a craft store.

There lots of fun, inexpensive ways to package your homemade cookies for gift. Depending on the kind of cookies and the amount you're gifting, try some of our pretty and creative ideas.

- Plain brown paper bags can be filled with any shape cookies and folded at the top and then secured closed with decorative homemade labels.

- A large Mason jar can be stacked

with regular cookies or filled with balls. Adorn the lids with decorative homemade stick-on labels and tie the necks with jute twine, red and white baker's twine or yarn.

- Fill wine bags with a stack of cookies and then tie at the neck with a ribbon with a decorative hanging tag attached. Add a holiday ornament to make it more festive.

- Arrange balls or silver dollar size cookies in a decorative cardboard loaf pan with tissue and then cover with see-through wrapping and ribbon.

CERI MARSH & LAURA KEOGH



Mull these light options

THE HOLIDAYS

Tips to cut the calories in these festive drinks

Theresa Albert
For Metro Canada



All year long you know to avoid drinking your calories. Then December hits and you are tempted. But you don't have to blow the month by the mouthful, save your calories for the food with these holiday beverage hacks.

Egg Nog

Averages about 225 calories per cup (without the rum!). Don't be tempted by the "low fat" versions, what they lack in fat, they make up in sugar. Instead, mix 50/50 with skim milk and add extra nutmeg.

Mulled wine

What could possibly be wrong with wine and spices? Most re-

cipes also add in sugar by the gravy boat load, that's what. At about 250 calories per glass, some versions literally double the load of a harmless glass of wine. Make your own version with orange peels, star anise and cinnamon sticks. There is no sugar needed to make this cozy beverage in a slow cooker that will simmer all day and make your home smell like holiday without the scented candles. Or stick with your usual glass or two of plain red wine.

Pumpkin Latte

Tim Hortons pumpkin latte serves up a delicious 260 calories for a medium cup. For that, you can enjoy a straight up latte made with frothy skim milk and no sugar and an entire caramel dip yeast donut. That's right, the donut itself is 190 calories that you can actually eat.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



Cut the sugar out of mulled wine and opt for a version with just orange peels, star anise and cinnamon sticks. iSTOCK

LIQUID ASSETS

Cold nights call for warm drinks

Peter Rockwell
For Metro Canada



While you can release your inner mixologist by Googling mulled wine for the instructions on how to make your vino glow, there are plenty of pre-mixed versions of winter-oriented drinks available that only require you to know how to press the start button on your microwave.

Jack Daniel's Winter Jack (\$19.39-\$23.98) takes its inspiration from an original family recipe of JD, apples, cloves and cinnamon poured during the holidays by the famous



Tennessee whiskey makers. With a 15 per cent alcohol level, its whiskey flavour is subtle to say the least, allowing the spices to shine after being very lightly heated. Red hot in a completely different sense is Crown Royal's Northern Harvest Rye (\$30.60-\$34.99). Recently awarded World Whisky of the Year by Whisky Bible author Jim Murray, the super smooth Manitoba-made spirit, produced using an unheard of 90 per cent rye, is a must try for anyone who appreciates a good dram. Prices reflect the range across the country. Some products may not be available in all provinces.

POP-UP SHOP HEIST

Gwyneth Paltrow's GOOP shop robbed

Authorities are searching for three men who robbed Gwyneth Paltrow's Goop pop-up shop in New York City of more than \$173,000 worth of jewelry and watch-

es. It happened Saturday afternoon. Police say one of the suspects used some kind of object to open a cabinet containing the merchandise while the employees were distracted.

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The dish that adds some spice to life



Use premium cocoa in this Cocoa Bird Chili recipe from *The Chili Cookbook*. CONTRIBUTED

THE CHILI COOKBOOK

Book traces 500 years of history, from Aztecs to Texas cowboys

Chili purists, steel yourselves. Or as author Robb Walsh suggests, at least suspend disbelief and let your taste buds be the judge while taking a colourful romp through chili history — and some creative adaptations of the ancient dish.

The Chili Cookbook has every version you can think of, and explores its evolution from Mexico to the American southwest and how it has influenced mealtime around the globe.

The Chili Cookbook (\$24.99) is a 190-page hardcover that traces 500 years of chili, from the first Aztec stew to the tastes of modern Texas cowboys.

There are 60 recipes for chili disciples of all kinds — with or without beans, with or without meat, using venison and lobster, and merged with cuisines of countries like Hungary, Greece and Pakistan. There are recipes from American roadside diners and even the White House.

Walsh also includes a primer on the varieties of dried and fresh chili peppers, and a ranking of commercial chili powders, which often substi-



RECIPE: COCOA BIRD CHILI

This recipe is adapted from *The Chili Cookbook*.

- 1-1/2 Tbsp (23 mL) canola or vegetable oil
- 2 medium yellow onions, chopped
- 2 cloves garlic, chopped finely
- 1-1/2 tsp (7 mL) dried oregano leaves
- 1-1/2 tsp (7 mL) ground cumin
- 1 lb. (450 g) ground chicken
- 1 lb. (450 g) ground turkey
- ¼ cup (60 mL) chili powder
- 2 bay leaves
- 1 Tbsp (15 mL) unsweetened cocoa powder
- 1 tsp (5 mL) kosher salt
- 28 oz. (796 mL) can whole tomatoes with juice, chopped coarsely
- 3 cups (710 mL) chicken stock
- 8 oz. (250 mL) can tomato sauce or 1 cup (250 mL) canned crushed tomatoes plus 2 Tbsp (30 mL) tomato paste
- 19 oz. (540 mL) can white kidney beans, drained, rinsed
- 19 oz. (540 mL) can red kidney beans,

drained and rinsed

Garnish:

- Sour cream
- Chopped red onion
- Chopped fresh cilantro

In large saucepan, heat oil over medium heat.

Add onions and sauté until tender, about 10 minutes. Add garlic, oregano and cumin.

Increase heat to medium high. Add ground turkey and chicken, breaking up with back of spoon. Stir until cooked through.

Add chili powder, bay leaves, cocoa powder and salt. Add tomatoes with juice, stock and tomato sauce (or crushed tomatoes with tomato paste). Bring to boil.

Reduce and simmer, uncovered, for 45 minutes, stirring occasionally. Add white and red beans and simmer until flavours blend, about 10 minutes. Discard bay leaves.

To serve, ladle chili into bowls, add a dollop of sour cream and sprinkle with red onion and cilantro.

Serves 8.

tute other spices for pure ground chilies.

Or there's a recipe to make your own.

Texan Robb Walsh is a longtime food writer who co-owns El Real Tex-Mex Café in Houston. On his journey into chili pepper culture, he says

he discovered heart-stopping recipes in the most unlikely places.

Recipes we are dying to make include: Lobster chili; White chicken poblano chili; Huevos rancheros "Christmas"; Lentil, sweet potato and ancho chili; Frito pie.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Girlfriends' Guide is feminist stealth genius

GIRLFRIENDS' GUIDE TO DIVORCE, SEASON 1, EPISODE 3 (SLICE/SHOMI)

Lyla (Janeane Garofalo), one of three attractive, acerbic friends who are navigating life in their 40s in Los Angeles after divorce, has been called into her son's teacher's office because she sent her nanny to cover Story Time.

"It sends a message to children that they're not your priority," the teacher guilt-mongers. Lyla, a high-powered attorney, lets her have it.

"By all means, I apologize. I apologize for having a job. But here's the thing: I don't work, my kids don't go to school. So if you want to tell me tuition is free, I'll be here for Story Time, and Arbor Day, and every other bullshit holiday that costs me a fortune."

But if you're not going to tell me it's free, I gotta work. Because I'm a working mother. Don't call me in here again."

She stalks out. Once she's through the door, though, her face crumbles, just for a



Girlfriends' Guide to Divorce tackles motherhood, marriage, loneliness and inequity. HANDOUT

second. She's right, but she feels like dirt anyway.

This show is stealth genius. It lures you in with furiously-paced patter about ex-husbands and breast implants, and then socks it to you with home truths about motherhood, marriage, loneliness, inequity. At its best, *Sex and the City* pointed out what single women in their 30s had to deal with in the world's most success-oriented town.

Girlfriends' Guide takes that one decade further — it zooms in on the ironies and indignities inflicted on bright, vital 40-somethings in the capital of youth obsession. It's the most feminist show on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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5 Holiday Saving Tips

- 1 Set an overall holiday spending limit.
- 2 Make a gift list & stick to it.
- 3 Cross items off your list to avoid buying twice.
- 4 Actively look for ways to save.
- 5 Stop shopping when you've bought the last item on your list.



Leanne Salyzyn, FCIRP
Trustee in Bankruptcy

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Gift cards are the holiday heroes

When it comes to gift cards, some stand divided. Are they easy gift-giving solutions, or impersonal afterthoughts? With gift card sales on the rise, most seem to agree with the former.

Yorkdale Shopping Centre Claire Santamaria says that the Toronto mall has seen a 10 per cent increase in gift card sales per year.

"I think it's an opportunity to give a gift and you know, that is such a personal thing," Santamaria says. "As a gift giver, I think cards give you an option for giving someone the opportunity to buy something they love."

She added that picking out your own gift doesn't take away from the feeling of having received it from someone else.

"Oftentimes people will save up their gift cards just to be able to get what they want," she says.

Halifax Shopping Centre marketing director Stefanie Chnare agrees that gift cards often go toward purchasing bigger, more expensive items.

"People are going out for those larger items, skis or snowboards," she says. "People have so many options and everyone's trying to

be more minimalist. You don't want to receive gifts that you aren't going to need."

With many consumers buying fewer, higher quality items, getting something unwanted might end up as one more item on the to-do list. Cards also provide a shopping experience, a gift that many don't give themselves during the year.

"Sometimes we don't share with others what we want, we're always very modest and say, 'no, I don't need anything this year,'" Chnare says. "But there's always something."

"Often style is very personal. Being able to pick that item out yourself but knowing the gift was from friends or family is still meaningful because style is something you hold close to yourself."

Santamaria adds that cards are a great option for those people on your list who are notoriously hard to shop for.

"Teens are really hard to buy for," she says. "So it's great to see teens walk in with a pile of gift cards and get to buy what they do want."

Gift cards for Halifax Shopping Centre and Yorkdale Shopping Centre are available in-store and online.

-ALANA TRACHENKO



CONTRIBUTED



CONTRIBUTED

A gift card for a great hobby

Making wine is a great hobby. Not only is the process fun but the results are tasty.

Today's wine kits offer wine comparable in quality to commercial wines, but at a fraction of the cost. Even if you don't have the space in your home to make wine, in-store wine-making is an option at Wine Kitz in Lower Sackville, Dartmouth and Halifax.

There are just three easy steps: pick your wine, sprinkle the yeast and come back to

bottle when it is ready.

With three locations in HRM, there is a Wine Kitz near you: at 601 Sackville Dr. in Lower Sackville, 250 Baker Dr. in Dartmouth and 287 Lacewood Drive in Halifax.

One great gift option these holidays is a gift certificate to Wine Kitz. The certificates are available in any denomination, but Wine Kitz also offers customized gift packages. For example it's possible to purchase a package

covering somebody's wine kit and the fee for having the wine made in store.

"It can be customized to how much you want to spend and what kind of experience you want to offer the person," said Lower Sackville Wine Kitz owner-operator David Wall.

This means extra touches such as including labels and shrink caps can also be included. To top it off, the packages come with a customized gift letter.

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"Trains in general have always been very popular especially at Christmas time, but they're a great hobby year round," said Greg Hatt, manager of Maritime Hobbies and Crafts in downtown Halifax. "It can be the start of a great hobby."

When it comes to trains, shoppers are spoiled with choices. There are many different sizes and brands to fit whatever you've got in mind. As far as size, Hatt said they can pretty much fit whatever you need.

First time train aficionados should probably start with something simple, Hatt recommended.

"A beginner's set has everything you need



CONTRIBUTED

in it and it could be any of our brands and if you want it bigger, it can be with all the extra tracks we have," he said.

Train sets don't need batteries – they plug right into the wall and sets start at around \$150.

And this is one gift you won't be up late Christmas Eve building.

"The tracks all snap together and they're very easy to put together," Hatt said.

Check out all the trains at the oldest hobby shop in Canada, Maritime Hobbies and Crafts, at 1521 Grafton Street in downtown Halifax.

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Say it with Stitches specializes in embroidery, and garment print while offering a wide variety of other forms of decorating including embossing, laser engraving, and pad printing on a wide variety of products including apparel, drink wear, pens, time pieces, calendars, awards, plus office, kitchen and automotive accessories.

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operating continuously since 1987," Shuman said. "We are long standing members of the BBB at over 20 years while maintaining their highest rating for customer service: A+.

Fred and his wife Claudette started the shop from their home in Fall River before moving to their current location at 1105 Bedford Highway. Their operating tenant is "do for others as you want others to do for you."



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Forester stands out in a crowd



REVIEW

No need to go all the way with power with this compact SUV

Jil McIntosh

For Metro Canada

Extra power is good for bragging rights, but it isn't always necessary to opt for it just because it's there. That was evident when I drove the two engine choices in Subaru's Forester. While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers and for a lot less cash.

The entry-level powerplant is a 2.5-litre four-cylinder that makes 170 horsepower. Moving up to the turbocharged 2.0-litre gives you 250 horses, but it's an extra \$2,200 to do so. Test-drive them both before you make up your mind solely on the power numbers.

My 2.5i, as it's called, was equipped with a six-speed manual transmission. It keeps the price down, but that's about all; the shifter feels mushy and there's no driving excitement in it. You're best to go for the automatic continuously-variable transmission (CVT). All-wheel drive is standard on all models.

The shifter aside, the Forester has always been one of my favourite vehicles. It's nicely sized and well-balanced, and the steering is light but responsive.

It's roomy and comfortable, and the back seats fold flat for extra storage space. The cabin design is handsome and the controls are large and easy to use, save for a few touchscreen icons that can be tough to accurately tap when you're moving.

My 2.5i was in Touring trim, which gave me a 6.2-inch touchscreen stereo, while my turbo-charged tester in top-line Limited trim included a 7-inch infotainment system with navigation that, new for 2016, includes map updating. Higher trim lines can also be optioned with EyeSight, which uses a windshield-mounted camera for such features as lane departure warning and collision mitigation.

THE CHECKLIST

2016 SUBARU FORESTER

THE BASICS

Type. Four-door, five-passenger compact SUV

Engine (hp/torque). 2.5-litre horizontal four-cylinder (170/174); 2.0-litre turbocharged horizontal four-cylinder (250/258)

Transmissions. Six-speed manual or continuously variable (CVT)

Price. \$25,995 (base), \$29,995 (as tested), plus destination

JIL MCINTOSH/FOR METRO

POINTS

- Subaru's "symmetrical" all-wheel drive doesn't refer to the power split, but to the position of its engine, transmission, and driveline components.
- The Forester can be ordered as PZEV, for Partial Zero Emissions Vehicle, which uses a specific catalytic converter, air intake and fuel injectors; it was designed to meet California's air standards.
- Turbo models add unique front-end styling but are optioned the same as comparable non-turbo trim lines.

MARKET POSITION

Subaru made its mark by offering all-wheel drive in all of its vehicles (except for the recently-added BRZ sports car), which made it popular for drivers facing Canadian winters, along with using only horizontally-opposed engines.

THE COMPETITION

Ford Escape AWD

Base price: \$27,199

Toyota RAV4 AWD

Base price: \$27,255

Honda CR-V AWD

Base price: \$28,550

“

While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers.

”

This smaller SUV/crossover segment is a crowded one, but the Forester holds its own. It's priced about the middle of the pack, and since all-wheel drive is an option on some of its competitors, be sure you're comparing prices accordingly. I think its nimble feel and good road manners set it apart from many of the rest, even if you don't feel a need to go all the way with the power.

TECHNOLOGY

Ford testing semi-autonomous systems to help drivers in a jam

Ford wants to take the stress out of every element of the daily commute, from coping with stop-start rush-hour traffic to quickly and safely manoeuvring into a parking space at journey's end.

"For many drivers, experiencing heavy traffic on the way to work can leave them stressed and angry, even before the work day begins," said Reid Steiger, technical expert for automated driving at Ford of Europe.

Ford's potential solution, Traffic Jam Assist, is currently in the testing stage and works by combining a number of already developed individual active driver aids — adaptive cruise control and lane keeping.

"Traffic Jam Assist helps the driver maintain the distance to the vehicle ahead and helps to keep the vehicle centred in the lane. The system aims to reduce driver stress in dense traffic," explains Steiger.

When activated via the push of a button, in a traffic jam situation, the car's radar and cameras monitor lane markings and how far away the car is from the vehicle in front. It can then take over, moving forward when space opens and slowing to a halt again in time with the traffic. The driver can take over at any time and the system monitors steering wheel interaction to make sure the driver is still alert and ready to step in if needed.

The second system being put through its paces is called Remote Park Assist, which enables the driver to park the car, via a key fob command, remotely. Standing outside the vehicle in a parking lot or underground garage, the car will be able to manoeuvre itself into a perpendicular space without any assistance. AFP

+

ELSEWHERE

Ford is by no means the only carmaker working on these types of systems. The latest **BMW 7 Series** will park itself remotely with the push of a keyfob button. Likewise, the **Volvo XC90** semi-autonomously drove the mayor of L.A. through rush-hour traffic on his way to the Connected Car Expo just four weeks ago.

Ford's Remote Park Assist lets you park your car by remote control. FORD MOTOR COMPANY

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The Pittsburgh Penguins announced winger Pascal Dupuis has been forced to retire due to a medical condition related to blood clots

NHL salary cap projected to rise by \$3M in 2016-17

HOCKEY

'Soft' numbers not carved in stone, Bettman warns board

While the Canadian dollar continues to struggle, NHL revenues are up enough that the salary cap could increase by as much as \$3 million US for next season.

The Canadian dollar is currently worth 74 cents U.S., something that hurts the league when some of its most lucrative markets are Canadian. But commissioner Gary Bettman said speculation and commentary about the declining Canadian dollar is "a little off the mark" as business is still going well.

Board members said the early projection for the 2016-17 salary cap was about \$74.5 million, up from \$71.4 million. But that depends on several factors, including the Canadian dollar and the Players' Association using its five per cent escalator.

"When I give a number, they're all soft this time of year, so I don't want to pinpoint any number," Bettman said. "Don't take that to the bank yet because it's early. It's only December."

A year ago the board was given a rough projection of



Salary cap requirements led the Blackhawks to trade Patrick Sharp (pictured), Brandon Saad and Johnny Oduya shortly after they won the Stanley Cup in 2015. JONATHAN DANIEL/GETTY IMAGES

\$73 million, but that was contingent on the Canadian dollar being worth 88 cents. It continued to fall.

"It's not set in stone or concrete so you have to tread carefully," New Jersey Devils general manager Ray Shero said. "It's good news for the league

"The cap going up gives you a little more flexibility."

Tampa Bay Lightning GM Steve Yzerman

when it goes up, good news for the players."

It may not be good news for budget teams, but it'd be welcome for those who spend to the ceiling. Think about the Tampa Bay Lightning with captain Steven Stamkos still unsigned or the Los Angeles

Kings, who are working to get a deal done with centre Anze Kopitar.

"The league has been pretty accurate in their estimation of the cap in the coming year," Lightning GM Steve Yzerman said. "So it does help you plan a little bit and you have a better idea. From the manager's perspective, the cap going up gives you a little more flexibility to do what you need to do."

Kings president of business operations Luc Robitaille doesn't lose sleep over the cap. "You just have to manage within the cap and figure it out," Robitaille said. "It gives an opportunity to everyone."

The Stanley Cup champion Chicago Blackhawks could have used more room last summer when they traded Patrick Sharp, Brandon Saad and Johnny Oduya and let Brad Richards leave in free agency.

Winnipeg Jets general manager Kevin Cheveldayoff was with the Blackhawks in 2010 when they had to tear things down the first time. Cheveldayoff could use as high a cap as reasonably possible with captain Andrew Ladd and all-star defenceman Dustin Byfuglien impending free agents.

"It's such a soft, fluctuating number," Cheveldayoff said of the cap projection. "Who knows how different it might be six months from now?"

THE CANADIAN PRESS

CONCUSSIONS

Family of late player Montador suing NHL

The family of the late Steve Montador is suing the NHL over concussions and other brain injuries the defenceman suffered during his playing career.

The lawsuit, filed in U.S. federal court, alleges that the league collected data on concussions as far back as 1997 but failed to warn Montador about the dangers.

Montador died in February, and an autopsy showed the 35-year-old suffered from

Chronic Traumatic Encephalopathy, a progressive degenerative disease that can be caused by repetitive brain trauma.

The family alleges that Montador suffered

"thousands of sub-concussive brain traumas" along with multiple concussions.

The 34-page complaint states that the NHL "failed to keep (Montador) reasonably safe during his career and utterly failed to provide him with crucial medical information on the permanent ramifications of brain trauma."

Montador played 571 regular-season and 43 playoff games for six NHL teams.

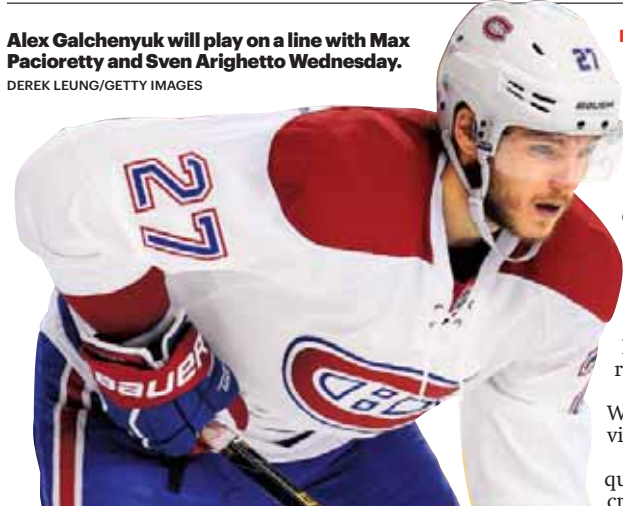
The allegations against the league have not been proven in court. THE CANADIAN PRESS



Montador
GETTY IMAGES

Alex Galchenyuk will play on a line with Max Pacioretty and Sven Arighetto Wednesday.

DEREK LEUNG/GETTY IMAGES



ROSTER SHUFFLING

Habs make room at top for Galchenyuk

Fans who have clamoured for Alex Galchenyuk to be put on the Montreal Canadiens top line have got their wish.

The 21-year-old who was drafted third overall in 2012 skated at practice Tuesday between top-scorer Max Pacioretty and skilled rookie Sven Arighetto.

The new line will be tested Wednesday night against the visiting Boston Bruins.

"Both of those guys are quick and it'll be my job to create space for them and get

the puck to them when they're at top speed," said Galchenyuk. "I know it's always a story and stuff, but this time around I'll try not to think too much."

The unit played briefly together Saturday in the third period of a 3-2 loss in Carolina.

The Habs are missing three right wingers — injured Brendon Gallagher (broken hand) and Devante Smith-Pelley (lower body) and demoted Alex Semin. They are also without centre Torrey Mitchell (lower body) and goalie Carey Price (undisclosed).

There has been a run of call-

+ SEMIN GONE

Canadiens winger Alexander Semin has cleared waivers and was assigned to the St. John's IceCaps of the American Hockey League. He posted one goal and three assists in 15 games this season.

ups in the last two weeks, including Arighetto, goalie Dustin Tokarski and forwards Christian Thomas and Daniel Carr.

After spending most of his first three seasons on left wing, Galchenyuk was moved to centre in a bid to establish the skilled playmaker at what is seen as his natural position. His usual linemate was Lars Eller, with Semin or whoever else was handy on the right side.

After so-so early results, the line got hot of late. Galchenyuk has four goals and two assists in his last six games. Coach Michel Therrien then wanted to see how he would do on the top unit with Pacioretty.

THE CANADIAN PRESS

Ronaldo racks up record

CHAMPIONS LEAGUE

Star becomes first player to net 10 goals in group stage

Cristiano Ronaldo became the first player to score 10 goals or more in the group stage of the Champions League, claiming four as Real Madrid routed Malmo 8-0 on Tuesday in Madrid.

Ronaldo reached 11 goals in six games, surpassing the nine scored by Luiz Adriano with Shakhtar Donetsk last season. Ronaldo also scored nine times in the 2013-14 season group stage.

Ronaldo also set up two goals by Karim Benzema, who scored a hat trick.

Mateo Kovacic rounded out the scoring.

Madrid secured the biggest margin of victory in the Champions League since Liverpool defeated Besiktas also by 8-0 in 2007.

The game meant little for Madrid because it had already secured first place in



Cristiano Ronaldo, top, scored four goals on Tuesday. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Group A, but the convincing victory helped ease the pressure on coach Rafa Benitez and president Florentino Perez. Fans were still angry at the demoralizing 4-0 home loss to Barcelona in the Spanish

TUESDAY Group A

8	0
MADRID	MALMO

league and disqualification from the Copa del Rey because of an ineligible player.

"We are very satisfied and happy for all of the Madrid fans who didn't lose faith in this team," said Benitez, who was

in command of Liverpool when it routed Besiktas in 2007.

"This is football, things change week after week. It's important for us to keep winning."

Meanwhile, Ronaldo's former club Manchester United was relegated to the Europa League after getting beat 3-2 by Wolfsburg, as the German side advanced to the round of 16 for the first time.

The loss, coupled with PSV Eindhoven's 2-1 home victory over CSKA Moscow, dropped United to third place in Group B.

Wolfsburg won the group and PSV also advanced.

Atletico Madrid won Group C by beating Benfica 2-1 to leapfrog the Portuguese host, which took second.

In Group D, Manchester City scored three late goals in a five-minute span to beat Borussia Muenchengladbach 4-2 and finish top for the first time. Juventus, last season's runner-up, wasted a chance to finish first with a 1-0 loss at Sevilla, although still advanced.

The other four groups wrap up play Wednesday.

THE ASSOCIATED PRESS

FIFA SCANDAL

Platini pledges to tell 'only the truth' in appeal

Michel Platini arrived at the Court of Arbitration for Sport on Tuesday pledging to "tell the truth, only the truth" as he appeals against a 90-day FIFA ban.

The suspended UEFA president wants CAS to

freeze his ban by Friday, allowing him to resume campaigning for the

FIFA presidency ahead of the Feb.

26 election. It would also allow him to attend the 2016 European Championship draw on Saturday in Paris.

Platini and Blatter face possible life bans when they appear before the FIFA ethics committee at the governing body's headquarters in Zurich next week.

The case centres on the payment and timing of the \$2 million that Blatter approved for Platini in 2011 as backdated salary.

THE ASSOCIATED PRESS



Michel Platini
GETTY IMAGES



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Manziel back in pocket

NFL

Controversial quarterback returns to starting lineup

Johnny Manziel's timeout has ended. He's starting for the Browns again.

The polarizing quarterback will play Sunday against the San Francisco 49ers, returning to the lineup after being benched two games by coach Mike Pettine for defiantly partying during the team's bye week.

Pettine is giving Manziel another chance after the second-year QB broke a promise that he wouldn't become a distraction when the team was off last month. Manziel had been named the starter for Cleveland's final six games on Nov. 17 only to throw away the opportunity with his escapades.

He was demoted to third string, but moved up one spot last week when Josh McCown sustained a season-ending collarbone break.

Pettine feels Johnny Football has paid his dues.

"He's been solid in the building over the last couple of weeks and we are hopeful he takes this opportunity to continue to build on the progress he's made on the field throughout the season," Pettine said. "The goal for every game is to go out and win, and Johnny needs to show that he can put



Vincent Rey of the Cincinnati Bengals attempts to tackle Johnny Manziel of the Cleveland Browns at Paul Brown Stadium on Nov. 5 in Cincinnati, Ohio. ANDY LYONS/GETTY IMAGES

The goal for every game is to go out and win, and Johnny needs to show that he can put us in position to do so during these last four weeks of the season.

Coach Mike Pettine

us in position to do so during these last four weeks of the season."

Manziel will replace Austin Davis, who started Sunday's 37-3 embarrassing loss to Cincinnati. Davis, the 24th

quarterback to start for the Browns since 1999, didn't do anything to lose his job, but not enough to hang on to it either. The Browns lost two wide receivers to injuries against the Bengals.

The Browns have changed starting quarterbacks six times this season — this is the third time Manziel has been given the job.

Manziel was investigated last month by the NFL following a domestic dispute involving his girlfriend. The league said it did not find any evidence that Manziel violated its personal conduct policy.

The 23-year-old is getting yet another fresh start.

It's up to Manziel to make the most of it.

THE ASSOCIATED PRESS

DOMESTIC DISTURBANCE

Chapman assault charges dropped

Police say there was "insufficient evidence" to charge Cincinnati Reds closer Aroldis Chapman in a domestic disturbance incident between the pitcher and his girlfriend at his South Florida home, and they've closed the investigation.

But the matter appears to have put on hold a proposed trade sending Chapman to the Los Angeles Dodgers. Joe Torre, MLB's chief baseball officer, said Tuesday that there is no timetable in making a decision on Chapman's status under the league's new domestic violence policy. He said the league first learned of the incident late Monday.

The Davie Police Department released its report on the Oct. 30 incident Tuesday. It cites

conflicting stories and a lack of co-operating witnesses and says there were no physical injuries.

Police said Chapman refused to give a sworn statement or sign an affidavit of the complaint. He signed a consent order allowing officers to search his garage.

Officers said Barnea collected her belongings and left the home.

Davie police spokesman Dale Engle said the investigation is closed "pending any new evidence."

THE ASSOCIATED PRESS



Aroldis Chapman
GETTY IMAGES

IN BRIEF

Detroit signs Mark Lowe

The Detroit Tigers have completed a two-year contract with reliever Mark Lowe, adding a setup man for new closer Francisco Rodriguez.

A 32-year-old right-hander, Lowe was 1-3 with a 1.96 ERA for Seattle and Toronto this year, striking out 61 in 55 innings. He did not allow a run in 49 of 57 appearances.

Tigers general manager Al Avila says "Mark solidifies the back end of our bullpen."

THE ASSOCIATED PRESS

Greinke's salary a home run

Zack Greinke and the Arizona Diamondbacks have finalized their \$206.5 million, six-year contract, a deal with a \$34.4 million average salary that is the highest in baseball history.

Greinke signed a \$147 million, six-year deal with the Dodgers in December that included an opt-out clause. He will wind up earning \$282.5 million over nine seasons.

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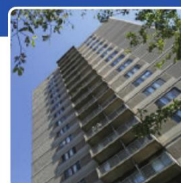
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RECIPE Turkey and Sweet Potato Skillet

PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

The holidays are upon us but we can't survive on cookies alone. You're going to need the balance of some simple, healthy recipes. This one comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4**Ingredients**

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsp chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- Salt and pepper
- 1/2 cup mozzarella, grated

Directions

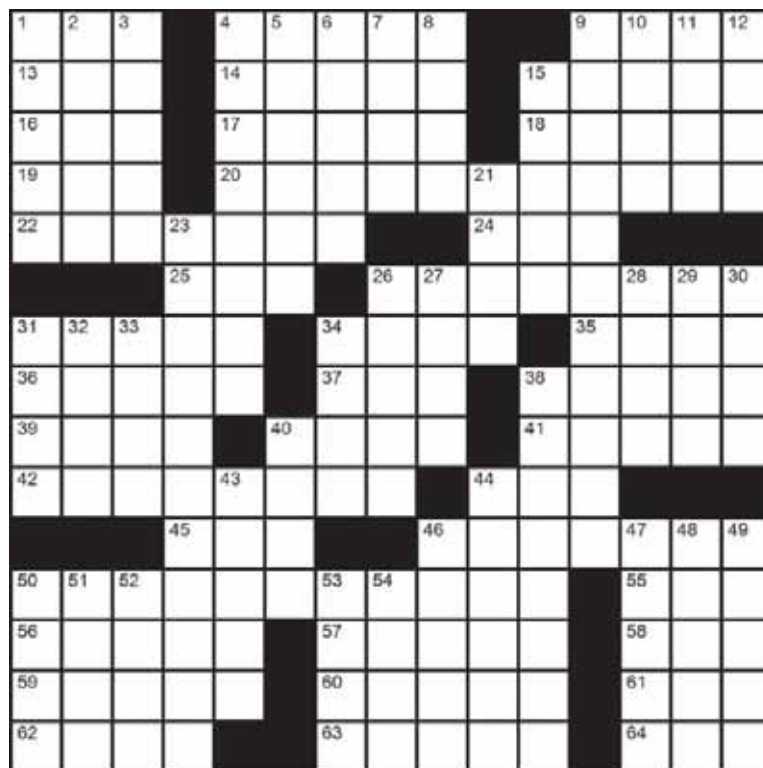
1. In a large, oven-safe skillet, pour in oil, then brown your turkey over medium heat, breaking it up with the back of a spoon. Cook for about 5 minutes. Add the onions and garlic and cook for another 5 minutes until they are fragrant and begin to soften. Sprinkle the chili powder over top and stir.
2. Add the yellow pepper and allow it to soften for another 3 minutes or so. Stir in the sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.
3. Sprinkle grated cheese.
4. Turn broiler on. Place the skillet under the heat for a minute or two until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

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BY KELLY ANN BUCHANAN

ACROSS

1. Enjoyed the bench
4. Window material
9. Pear part
13. French vineyard
14. Montreal-based jazz vocalist Ms. Lee
15. Take care of, as arrangements: 2 wds.
16. Comedian Mr. James
17. Separated
18. "___ done now!" (Finished ...finally!)
19. Saguenay sidekick
20. Commander of the Royal Canadian Navy, ___ Mark A.G. Norman
22. Industrial Revolution creation
24. Standoff site in Quebec, 1990
25. "Growing Pains" Canadian star ...his initials-sharers
26. New Brunswick town on Chaleur Bay
31. UNESCO World Heritage Site in Jordan
34. Small horse
35. Sea lettuce
36. Winnebago owners, informally
37. Bonnet or derby
38. Stable tresses
39. Vintner's prefix
40. Salad or stirfry ingredient
41. Show anchored



- by Ben Mulroney
42. Internet Explorer, and others
44. Ms. MacGraw
45. "___ Devil" (1989)
46. Cloudiness
50. Late night host who does a Neil Young impres-

- sion: 2 wds.
55. Me: French
56. Benefit
57. Prefix to 'graphy' (Fancy writing)
58. Men's deodorant brand
59. Immense-ish
60. Functional
61. Mr. Bellows

62. Looped cross
63. Mischa Barton series: wd. + letters
64. Conclusion

DOWN

1. "Beat it!"
2. Wonderful whiff
3. Gladiator's

- garment
4. Solemnity
5. Rabbits, in Rilmouski
6. Has ___ up one's sleeve
7. Desert-like
8. ___ good example
9. Beaver = ___

- rodent
10. Rupture
11. French: Ici ___ (Here and there)
12. ___ Flanders (1722 Daniel Defoe book)
15. Latka's beloved on "Taxi"
21. "Finding Nemo" (2003) character
23. Big name in Canadian almanacs
26. Rake over the ___
27. Poker stake
28. Arm bone
29. Mr. Knievel
30. Chore
31. "No ___!" (Happy to oblige)
32. Best ___ (Great-est)
33. ___ 'clock (Coffee break time)
34. "___ Lap" (1983)
38. ___ (Bryan Adams duettist on "When You're Gone")
40. Rolling Stones guitarist Mr. Richards, affectionately to fans
43. Demurely
44. Mr. Creed (Rocky's opponent in the fight of his career)
46. "Kukla, Fran and ___"
47. Picture
48. Poison
49. Give way
50. Morning swig
51. Tennis great Mr. Lendl
52. Conceal
53. ___ above the rest (Better than)
54. Wood strip

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today the important things in life, such as love and family, will come into focus and the not-so-important things, such as money and ambition, will be seen for the illusions they are.

Taurus April 21 - May 21
You will gain more in the long run if you help others as well as yourself. A good deed done now will pay off later, so act only in ways that bring smiles to other people's faces.

Gemini May 22 - June 21
You could come into money this week, but you may sabotage the situation if you get suspicious and wonder what people's motives are. They are not trying to trick you, they are trying to help.

Cancer June 22 - July 23
You will meet someone who attracts you today and while there may be nothing outwardly special about them on an inner level you just seem to fit together. Are you soul mates? Maybe, maybe not, but you are certainly on the same wavelength.

Leo July 24 - Aug. 23
Try not to make promises that you may have to break. Make no promises at all. If you feel that you must at the very least add a get-out clause.

Virgo Aug. 24 - Sept. 23
Get deeply involved in a cause that is close to your heart. It is not enough just to make a donation or cheer from afar, you have got to get personal. Roll up your sleeves.

Libra Sept. 24 - Oct. 23
Do more for yourself. Find ways to cut back on your commitments without making it seem as if you are abandoning friends and loved ones.

Scorpio Oct. 24 - Nov. 22
Relationships will go well today. There is something of the celebrity about you at the moment — heads turn in your direction wherever you go. Where did your star quality come from? Who knows, but don't waste it.

Sagittarius Nov. 23 - Dec. 21
Try to avoid people who always seem to be talking you down. If you want to feel good about yourself spend time with those who like you for who you are, not some impossible ideal of who you should be.

Capricorn Dec. 22 - Jan. 20
Make it your business to make other people feel good. Not only will it cheer them up but it will cheer you up as well. The more you mix with strangers the more alive you will feel.

Aquarius Jan. 21 - Feb. 19
Today's Sun-Uranus link means you are at your best and almost anything you turn your hand to will work out well. Make sure people in positions of power know who you are and what you can do.

Pisces Feb. 20 - March 20
You may be eager to prove yourself but be selective. Don't spread yourself too thin. Focus on what means most to you and aim to be the best at it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
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YR	MODEL	KM	PRICE
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